

BOW VALLEY RESOURCE

Including Arrowwood, Milo, Queenstown, Shouldice and Mossleigh

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ARROWWOOD, ALTA. MARCH 15, 1934

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U.F.W.A. Meets at the Home of Mrs. R. McBride

A large and very interesting meeting was held at Mrs. R. R. McBride's home on March 7th. The newly organized U.F.W.A. from Queenstown attended. Ten members and four guests from our own local were present. The meeting opened by singing, "Kind Words" and "Darling Nellie Gray," followed by the Creed. Roll was answered with "Suggestions for handling wool."

After the usual routine business two demonstrations were given, which were very much enjoyed and very instructive. Mrs. McBride showed the method she used in making Angel Food Cake. She pointed in response to many requests and the finished product was all that could be desired. Mrs. J. F. Williams demonstrated orange marmalade, orange jelly and orange, lemon and grapefruit marmalade. She pointed out that this is the season for all citrus fruits. The recipe used by Mrs. Williams made the marmalade cost three and one-half cents per glass, at present prices for fruit and sugar, proving it to be a saving to make your own marmalade. A reading by Jean McBride was enjoyed. Conventions' reports were given by Mrs. McRae. Mrs. Norton and Mrs. Hales. An appeal was made for shoes, size 1 to infants sizes being especially needed in the social work. Mrs. Weberg gave a very interesting talk on the Junior Red Cross. Mrs. Norton reported these current events for the week. The special collection for needy mothers amounted to \$1.25. All brought articles made from wool which brought out many new ideas. The hostesses, Mrs. McBride, Mrs. McRae and Mrs. Hulse, served a delicious lunch. The next meeting will be held at the home of Mrs. Jacques. Dr. E. J. Liesemer will be the guest speaker. The topic will be "Cancer." Everyone welcome.

Notice

All Village Licenses and Dog Taxes are now past due and must be paid to the Secretary-Treasurer on or before the 1st Day of April 1934.

By order of The Village Council
T. S. Board, Sec.-Treas.

W. A. Notes

Mrs. E. B. Doten, assisted by Mrs. R. N. Mohr, entertained the W. A. of the United Church at their regular monthly meeting held on the afternoon of March 8. The president, Mrs.

Wanted: A Man

Quoting his text from the 23rd chapter of the prophet Ezekiel, the man of Jehovah, seeking for a leader to fill up the gap, to lead the people that they might not be destroyed, he found none because all of them had fallen away from God. Rev. John Wiesend at the Church of the Brethren on Sunday evening made an appeal for men, strong men, righteous men, truthful men, men who will control themselves, who will not take advantage of womanhood, and who are a fit representative of the God they honor and worship.

In the prophet's message of denunciation, he told of the priests making no attempt to draw a line between right and wrong, between holy and unholy, that they were guilty of profaning God, and hiding their eyes from the sabbaths. He told of how the leaders were "like wolves ravening their prey, to shed blood, to destroy souls and get dishonest gain." And further, how the people were like their leaders and priests, "using oppression, exercising robbery, have vexed the poor and needy; and have oppressed the stranger."

Rev. Wiesend spoke of the falling away of manhood to-day, a lack of defense against the devil—sin, of men just wearing clothes, and not willing to use themselves aright, who mar themselves and their bodies. "What we need," the pastor went on to say, "is women who will want and demand good, clean manhood." Also, that "when we—the rank and file of our community, our province, our dominion, will stand for righteousness, what a change there will be. In the battle of right or wrong, where are we filling up the gap, or tearing down? Who will stand against the devil, praying with a passion for righteousness and truth."

A message like this should arouse the manhood of every man in the community.—A Listener.

McKie, occupied the chair, with fourteen members and four visitors present.

It was decided to present the play on the evening of March 24 at the school. A band and popcorn booth will be in charge of Mrs. Jones and Mrs. Hill.

Final arrangements were completed for the pre Easter Sale to be held on March 31 at 8 o'clock in the Ingraham Building. Articles of plain sewing and aprons will be on sale. There will be booths for candy and home cooking. Afternoon tea will be served during the afternoon.

"He's My Pal"

A comedy-drama in 4 acts, under the auspices of the W. A., will be presented in the school auditorium on Saturday, March 24th, at 8:30 p.m. Adults 35c, Children over 10 years 25c, 10 years and under 15c.

Would you give up the girl you loved to your best pal, if it was for his happiness and hers, particularly if you owed your life to him? This is Wally Allen's hard dilemma, which threatens to wreck the peace of Ma Averill's happy family of house and garden. The minor roles include a henpecked husband, who learns a new trick in handling a domineering wife; two cocky young salesmen; a breezy and slangy beauty specialist; a comical darky cook; and the motherly boarding-house keeper, guardian angel of lovers.

CAST OF CHARACTERS

(In order of their first appearance)

Tom Spark—A young carpenter	R. E. Hales
Wally Allen—A cowardly fellow	R. E. Hales
Ma Averill—Everybody's mother	Mrs. Leith
Lark Marie Summer	Miss Lila Clifard
—Ma's niece, engaged to Wally	
Calvin McCoy—A henpecked husband	A. Phillips
Mrs. Blossom McCoy—His wife and boss	Mrs. A. Phillips
Mary Booth—In real estate	H. McCullough
Shouldice—The cook at Ma Averill's	Miss Vera Hoskins
Kitten Blake—A beauty specialist	Miss Mary Mitchell
Dick Smith—A real estate salesman	Jim Mackie
Roger Gail—Wally's pal	R. Leonard
Mona Spark—Tom's sister, an ugly duckling	Miss Looma Spencer

R. E. Hales, Director
Time—The present
Place—Ma Averill's boarding house, in a live town in California.

Canadian Wheat Not Not Bought But Sold

A number of well-established English firm of grain merchants recently visited Winnipeg and told us that Canadian wheat was no longer bought on the markets of the world but that it now had to be sold. That, contrary to a general opinion, there was no longer ready market eager to receive Canadian wheat. That in reality every load had to be sold by highly-experienced grain salesmen, who were familiar with the technique of milling and baking, and familiar, moreover with each particular miller's trade requirements and with the flour and baking markets to which each miller desired to sell his products. That frequently the sales price could be on the confidence engendered by a lifetime of friendly association between the miller and the grain firm.

This gentleman informed us further that so keen was the competition on the part of the Argentine, of Australia, of Russia, and of the Danubian countries, that the salesmen of his own firm, and no doubt of other firms, who were endeavoring to press Canadian wheat on millers, were obliged to make a detailed and careful study of the technical process employed by each mill so that they could be in a position to suggest to the miller just how much and when quantities of Canadian wheat of a certain grade at a certain price could be used profitably in preference to the lower priced wheats usually desired by millers.

We asked our visitor what he thought would happen if the selling of Canadian wheat were placed in the hands of a large central Canadian Wheat Board or other similar organization. "I have no doubt," he

answered, "but that the sales of Canadian wheat would decrease, for you would lose the energetic efforts of a number of highly-experienced firms such as our own, who have long enjoyed valuable and friendly associations with millers. We are now," he stated, "continually endeavoring to press Canadian rather than any other wheat on our friends the millers. In consequence, I should think," he added, "that it might be considered we are performing a valuable service to your Canadian wheat producers."—Grain and Market Features, Searle Grain Co. Ltd.

Church of the Brethren Notes

The pastor is preaching on Tuesday, Wednesday, Thursday, and Friday evenings, this week and next. Services begin at 7:45 each evening. Two prayer services are conducted each evening at 7:30 o'clock, one for young people and one for all others.

Mrs. Wiesend will speak at the Sunday evening service. Quite a number have already enrolled in the Leadership Training course that will be conducted during the Sunday school hour beginning April 1st and lasting three months.

The Ordinance service will be on the evening of March 29.

The Crucifixion will be commemorated on Friday, March 30, from 12 noon to 3 p.m. This three hour service is rather out of the ordinary for a small town. This fact should be appreciated by the people of the community and we should have a large attendance of neighbors and friends. Those who find it inconvenient to be present for the entire service may come at any time and leave during any of the seven musical interludes. The sacrament of baptism will be administered one week from next Sunday.

Arrowwood Notes

Can a henpecked husband become master at his own fire-side?

Mr. and Mrs. John Mackie and family of Carleton Place Tuesday visiting in Arrowwood.

What is the best paying proposition in hard times?

For Sale—York Boar, apply, A. C. Norton, Arrowwood.

Did you ever see two smart real estate men working on a deal?

Mrs. W. R. Fonger returned last week, after spending a three-month visit at her old home in the East.

Hatching Eggs For Sale, from good laying strains of Banded Rocks, 3c each or 35c per dozen. Apply Herman Leith.

Which would you rather have your boarding house called, "The Wedding Bell" or "The Paradise for Bachelors?"

Mr. Don and Miss Ruth Beagle spent Tuesday as Calgary visitors.

Wanted—Work on Farm by one used to driving horses, milking cows, driving tractor, or any farm work. Phone R520 or write Jack Konkin, Shouldice.

How do you like your spouse?

Which would you prefer, orange or green in the kitchen of your new bungalow?

Miss Ruth Beagle is spending the week with her sister, Mrs. John Mackie, near Carleton Place.

The annual meeting of the U.F.A.P.P. No. 1 and 2, will be held in the Ingraham Bldg. on Saturday afternoon, March 24, at 2 p.m. Business: Election of officers and receiving financial statement.

Answers to the questions appearing in this column will be answered at the play presented under the auspices of the W.A. of the United Church.

The Misses Lila and June Clifard attended the Musical Recital held in Hesser last week. They returned last Saturday, accompanied by Mr. and Mrs. W. D. Moffat and children who spent the week end at the Clifard home.

Having taken on the agency for Calgary bread, I will greatly appreciate a share of your patronage. Fresh bread always on hand and orders for cakes, buns, etc. will be attended to promptly.

Mrs. R. H. ANDERSON

Mrs. F. H. Coleman of Milo, teacher of piano, vocal, rudiments, harmony, counterpoint, and form. Pupils prepared for A.T.C.M. or L.A.B. Piano classes at Arrowwood School every Tuesday at 3:30. Pupils may register at any period of year.

Brownie Notes

The Arrowwood First Brownie Pack will be enrolled at the school on Monday, 19th, at 4 p.m. in the presence of the local committee and mothers.

"A Wild Flower of the Hills"

A large crowd attended the play, "A Wild Flower of the Hills," which was excellently presented by the Brethren Young People's Class on Mar. 9. Much credit is due to Mrs. Wiesend for the way in which she directed the play and for the time she gave towards making it a success.

A few numbers which were served between the acts also deserve credit as they were certainly enjoyed by everyone. A guitar duet by Francis Mason and Mervin Norton; a vocal duet by Florence Norton and Alberta Mason, also two saxophone solos by Russell Burris.

The play was well rendered and the parts were well played by all the characters. They were as follows:

Mammy, the Old Colored Servant at the Barkes, played by Ruth Barkes, won the hearts of everybody by her quiet acceptance of the life she must lead in order to be by the nameless wife, Chloe.

Lily, the daughter of Mammy, who was rather proud of the fact that she had an operation from which she came through safely. This was well played by Evelyn Burris.

Mase (Donald Vancil), the shiftless husband of Lily, who was always wanting a job with machinery. And did he get it? "Ah! I say" Much of the comedy element was given by Mase and his wife.

Mrs. Caroline Burke, the proud and haughty woman whose hard heart was melted by the affection of her favorite son, John. This was taken by Mildred Vancil.

Chloe, acted by Mildred Kaufman, who turned out to be the heiress of an old Southwestern landowner. The nameless wife who was thought to be her hated for John turned in to love when he became blind.

Sue Jackson, taken by Irma Arney, was a designing girl who would have nothing to do with John after the accident, and was everything to find a wee bit with before settling down with Jed.

Snow-White (Chatter Army) the old man from the hills, who later turned out to be Chloe's father. He was able to foil the plots of Zack and Jed, and gave up everything to establish Chloe in her rightful position.

John Burke, very well played by Russell Burris, was the eldest son of Mrs. Burke. He ran a revenue plane but also tried to warn his brother, Jed, of the danger of moonshining. In spite of the plot to ruin his eyes, his sight was restored to him and he found happiness at last with Chloe.

Jed Burke (Francis Mason), was John's younger brother, who realized, too late, the dangers of moonshining and was arrested along with Zack.

Zack Jackson, who was Sue's brother, was an attorney and the one who plotted all the crimes by which he tried to protect the moonshining business. This was taken by Vernon Miller.

The Brethren Young People wish to thank those who helped in any way with the play, and also those who attended it, thus making it a real success.

ARROWWOOD THEATRE

Thursday, March 15th

The Motion Picture of the year

"Oliver Twist"

By Charles Dickens

with

Dickie Moore, William Boyd, Irving Pichel, Barbara Kent, Doris Lloyd, Lionel Belmore

The Usual Comedy

8:30 p.m. Adults and High School Students 25c, Children 15c

ORANGE PEKOE BLEND

TEA

"Fresh from the Gardens"

Health for Young Girls
Happiness for Tired WomenMILBURN'S
HEALTH
NERVE PILLS

Thousands of women become tired from run down, become thin and pale, and profound weakness makes life a burthen. The whole outlook of life is changed when the nervous, sick headaches, the sleeplessness, the spells of dizziness, of weakness and discouragement, and the tired, languid feelings disappear with the use of Milburn's H. & N. Pills. They tone up the nerves, enrich the blood, and bring the health back to normal again.

A Toll Equal to War

Once a year for several years past with the approach of Spring which heralds, among other important happenings, the return of tens of thousands of motor cars and trucks to the highways of the country, attention has been directed in this column to the responsibility which rests upon the drivers of these cars and trucks to exercise due caution in their operation. Once again the attention of all motorists is drawn to this vitally important matter.

With the invention of the motor car, a new machine of great utility, as well as a source of pleasure, was provided. It is a machine of great power, and with the passing of the years the power of the individual car or truck has steadily increased. In so far as the machine itself is concerned, and keeping pace with its increased power and speed, there has been constant improvement in its strength and in the provision of manifold safety devices. The modern car is therefore, less liable to accident than its predecessor of fifteen, ten, even five years ago.

Further, with the enormous increase in the number of cars and trucks in use, there has been a great improvement in highway construction and maintenance, calculations, and so on. On the other hand, these better highways have made possible driving at greater speeds than were possible upon the old roads of bygone years and have encouraged the purchase of many more cars, both of which factors have resulted in greater density of traffic, and true motor accidents are occurring more rapidly.

Thus, to a greater degree than ever before, the human factor—the man or the woman at the wheel—becomes the controller in the matter of accidents. Unfortunately, far too many drivers fail to appreciate the enormous power of the machine they are operating—a power for destruction just as truly as a power for transportation. It is a power within the control of almost countless thousands of individuals which, improperly controlled, may mean death and injury not only to the careless and reckless motorist, but to others who are exercising every possible care and driving with the utmost caution and consideration for others.

"What was that?" was the pointed question asked in the British House of Commons recently, during a debate on a motion dealing with the serious increase in the number of road accidents, when the Home Secretary submitted figures of "killed and injured" in road accidents in Great Britain in the eight years 1926 to 1934. The figures were: Killed, 50,637; injured, 1,421,063. Furthermore, the detailed figures revealed an increase in the toll taken in each succeeding year.

Such was the record in a country noted for its good roads, for the excellence of the workmanship upon its cars, and for general observance of laws and regulations. It is a record which establishes how necessary it is that the motorist should exercise the greatest care at all times and under all circumstances in the operation of his car or her car.

At this time, owing to prevailing economic conditions, many people are operating cars which, under other and better conditions which prevailed a few years ago, they should have replaced with new cars. They are still using well worn tires which in other years they would have replaced with new and stronger tires. Because of the necessity of keeping expenditures for repairs down to a minimum, many cars have not been overhauled as in former years; brakes may not be in full working order; lamps may be defective; springs and bushings may be worn; and other accessories may be worn thin, high to the breaking point. Such cars, if operated at an undue speed, may easily spell disaster not only for the driver and passengers, but for other motorists or pedestrians. All persons whose cars are not in absolutely first class condition are under a duty to exercise the greatest care in driving and observing every precaution. In fact, they owe a duty to themselves and to all other people not to operate their cars if they are in a condition dangerous to operate.

But whether a car is in first class shape or not, the oft-repeated and emphasized duty which devolves upon all motorists remains. That duty is to know and to observe the accepted regulations governing traffic upon the highways and to obey the laws enacted for the protection of all and in the common interest of all. Even if laws and regulations did not establish a code of conduct for both motorists and pedestrians, there is the courtesy of the road which should be maintained and observed. Men should conduct themselves as gentlemen and women should behave as ladies. Courtesy should prevail over selfishness.

Instead of the present appalling record of accidents; instead of that record mounting higher year after year, a change for the better—a lower record—can be and ought to be attained. It lies in the power of each of the individual motorist to bring about such a desirable result, and the motorist, more than any other person, will benefit therefrom.

Nothing Accomplished

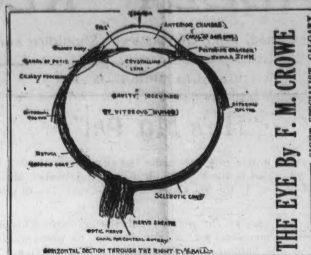
Just thirty years ago Japan declared war on Russia. Now they are knocking the chips off each other's shoulders again, and should they come to blows there will be a like outcome. Yet of what avail will it be if one overcomes the other, only to bring joy and gold to the munitions factories of other countries.

A Strict Campaign

No amount of "cutting" will let a firm pass a German censor under a new law now in effect—once the firm has been placed on the black list, the law, which virtually authorized the Propaganda Ministry to veto or censor a firm before it is made, provides that foreign firms who, in their original version set derogatory to German interests may not be shown in Germany.

China's Unclaimed Dead

A total of 17,508 unclaimed dead were found in the streets, creeks, and the waterfront of Shanghai during 1933, according to the annual report of the Dong Jen Fu-An Tung Benevolent Society. This society, entirely financed by Chinese, dedicates itself to burying the city's unclaimed dead and to provide coffin for poor families as well as giving free medical service to paupers.

Marvels of the Human Eye
By F. M. CROWE, Optometrist-Optician, Calgary

NO. 3—SOME OF THE PARTS AND THEIR USES

The Vitreous Humor is the transparent fluid filling about the four-fifths posterior cavity of the globe which is thus enabled to retain its shape. It resembles the white of an egg and is surrounded by a thin membrane lying close to the Retina. The Lens hangs vertically in a depression its convex form makes for itself in the front part of the Vitreous.

The length of the standard eyeball from front to back is approximately one inch and the side to side diameter is no converging rays of light in nature have are the rays from any object brought to a focus in the short space of one inch which makes the use of the eye so distinguishing. This is accomplished by the two very convex bodies described as the Cornea and the Lens. But for these the Lens automatically becomes still more convex or "accommodated" for the distance we desire to see. At the age of 40 years the accommodation is so active that a child can read just as easily three inches from the eyes as at any length of vision. In the years the accommodation diminishes and the average person of forty, focusing for the usual reading distance of about fourteen inches has become such an effort and strain that the print blurs or runs together and if continued brings on headaches, nervousness, irritability and other unpleasant symptoms due to using up so much nervous energy for this purpose, hence the only solution for this condition is properly fitted glasses, and as the accommodation continues to decrease till about the age of 50, so the strength of the reading glasses has to be changed periodically although the vision for distant objects may remain as good as it ever was.

Inside the muscles inside the eyeball there are six pairs attached to the outside and various nerves supply power for their functioning. Just how this functioning, whether harmonious or otherwise, takes place will be the subject of another article.

What a marvelous organ is the Eye and what an amount of work it has to perform, whether normal, but when abnormal, through being too long, too weak, imperfectly curved, Cornea, unbalanced muscles or from other causes—we must expect poor vision. The eye is a delicate and very often more serious disturbances affecting our health.

(To Be Continued.)

SHE LOST WEIGHT
EACH WEEK

The Ideal Way To Reduce

A woman writes to tell how she is reducing excess fat—and her way seems to be the ideal way.

"I am 49 years old, 5 ft. 5 1/2 in. in height, and was 190 lbs. when I started taking a level teaspoonful of Kruschen Salts every morning. I was slowly down in weight—some weeks 2 lbs., others just 1 lb., until I got down to 154 lbs. I have never felt better in my life than I do now, and I feel so much lighter and feel younger."—(Mrs.) W. L.

The action of Kruschen Salts taken regularly every morning, is to effect a natural clearance of undigested food substances and watery waste matter. It is that waste matter which is the cause of the fat of life, fat, if it is not regularly expelled.

FREE TRIAL OFFER

If you have never tried Kruschen—try it now! It is the only salt which does not irritate the bowels. It is the only salt which does not cause constipation. It is the only salt which does not cause headache. It is the only salt which does not cause indigestion. It is the only salt which does not cause heartburn. It is the only salt which does not cause flatulence. It is the only salt which does not cause acidity. It is the only salt which does not cause nervousness. It is the only salt which does not cause depression. It is the only salt which does not cause irritability. It is the only salt which does not cause anxiety. It is the only salt which does not cause worry. It is the only salt which does not cause sleeplessness. It is the only salt which does not cause loss of appetite. It is the only salt which does not cause loss of energy. It is the only salt which does not cause loss of vitality. It is the only salt which does not cause loss of health. It is the only salt which does not cause loss of life.

Ten thousand new telephone subscribers have been added in Shanghai, China, in the last two years.

OFF COLOUR?
HOW IS YOUR LIVER?

Wake up your Liver

—Without Calomel

Your liver is a very small organ, but it is one of the most important in your body. It is the organ that filters out the poisons from your blood and sends them out of your body. If your liver is not working properly, the poisons will build up in your blood and make you feel ill. You will be tired, nervous, and have a loss of appetite. You will also have a yellowish tint to your skin and eyes. This is a sign that your liver is not working properly. You need a liver tonic to help it work better. There is a liver tonic called "Liver Tonic" which is made from natural herbs and is very effective. It will help you to wake up your liver and feel better.

Rich Ornaments Found

By Harvard Scientist

Piles Of Gold Discovered In Burial Grounds in Panama

Gold findings that the Peruvian Incas has been excavated by Peruvian Museum archaeologists from the burial grounds of a hitherto unknown Central American people. The gold is in the form of rich, often ponderous ornaments. It was buried by a people new among ancient American cultures. They were distinguished especially by a strong belief in a hereafter.

All the archaeological finds came from flat, 10-acre site on the banks of the Rio Grande de Cocle, in the province of Cocle, Panama.

An Unusual Pet

Full-Grown Deer Follows Ontario Man Like Dog

John A. Campbell, Kincaid, Ontario, boasts a novel pet that tags along behind his car at 30 miles an hour as lightly as its shadow. His pet is a full-grown deer. The history of the deer's attachment to the farmer dates back to blackberry season, 1932. Mr. Campbell found her near his house, apparently abandoned. She willingly went home with him. Now that she is full grown she waits for him outside his door like a faithful hound. And when he goes for a drive in his car she loopes along beside him.

When Painting Was Crime

Considered Sign of Worklessness in Early New England

Paint, now recognized as a protection and a beautifier, was considered a sign of worklessness and vanity in early New England. In 1630, a clergyman of Charlestown, Mass., was halted before the city council, charged with the serious crime of painting the interior of his house. During the next forty years there was not a painter in all New England.

Made Many Rescue Flights

During the last five years between 300 and 400 rescue flights have been undertaken by the ambulance planes of the Red Cross Air Ambulance Service. In many of these the most dangerous and difficult circumstances in a temperature of 40 degrees Fahrenheit below zero, in the face of blizzards, in darkness and fogs with adventurous descents in unknown places.

Japan now claims to lead the world in the export of cotton goods.

THE EYE BY F. M. CROWE
DENTIST, OPTOMETRIST, OPTICIAN, CALGARY

**BIG SIZE
BIG VALUE
BIG SATISFACTION**

If you want a handy plug—get
BIG BEN
THE PERFECT PLUG
Chewing Tobacco

Unclaimed Bank Deposit

State of Michigan Holds \$23,082

Until Called For

If Charles Hehner will get in touch with the Michigan Public Administrator he can collect \$23,082.46, representing the principal and compound interest on \$10,000 he deposited in the Detroit Savings Bank in November, 1906—and never called for.

Under the laws of escheat the money has become the property of the State. It was learned that Hehner himself still could claim it. Hehner, 38 years old when he deposited the money, was a Michigan commission agent.

Torpedoes with room for one man who can direct the weapon's course and who will give up his life when the target is struck, have been invented in Japan.

What we can't understand is why a daring flyer gets more credit than those who fly the same route to look for him.

Ends a Cold
SOONER

by
STIMULATION
and
INHALATION
VICKS
VAPORIS

PROVED BY 2 GENERATIONS

Too Much Uric Acid

is a very common cause of Rheumatism, Sciatica, Lumbago. Deranged kidneys allow an excessive amount of uric acid to accumulate. Give Gills to give relief while they are assisting your kidneys to function normally.

DR. WILLIAMS' PINK PILLS FOR PALE PEOPLE

FOR THE
KIDNEYS

DR. WILLIAMS' PINK PILLS FOR PALE PEOPLE

PILE SUFFERERS

HAPPY RELIEF

Specially prepared by nature's best materials, this is the most effective and pleasant way to get rid of piles. It is a natural laxative and does not cause any harm.

MECCA

PILE REMEDIES

Order by mail from your dealer.

W. N. U. 2088

Men React Quickly

Women motorists at the flash of a red traffic light, require about 25 per cent. more time than men to jam on the brakes according to tests conducted here by engineers of Massachusetts Institute of Technology with the "delay timer," a device which the Vegetable Compound. Whereas the average woman did not react until 87-100 of a second had elapsed, the general health gives them seven-tenths of a second after seeing the red light.

"Blue" Spells

Reduce acute women to the pendant shadow of their own smiling selves. Others take the Vegetable Compound when they feel the "blues" coming on. It stimulates quivering nerves—helps to ease up the general health—gives them more pep—more charm.

LYDIA E. PINKHAM'S
VEGETABLE COMPOUND

for RHEUMATISM

Does Minors' legs a yearning to stretch? Is it a warning to discontinue your work? If so, you'll get relief!

MINARD'S
"KING OF PAIN"
MINIMENT

FROM COLIC AND SICKS!

HORSES SAVED!

Many horses have been saved from suffering from colic, by using Minard's 'King of Pain' Miniment. It is a powerful and reliable remedy for all cases of colic, and is sold everywhere.

Spohn's

Spohn's is a powerful and reliable remedy for all cases of colic, and is sold everywhere.

CANAPARA

Canapara is a powerful and reliable remedy for all cases of colic, and is sold everywhere.

Cookery Parchment

brings better, easier, cheaper cooking. Contains oil, holds full flavors of meats, fish and vegetables. Inexpensive. Each sheet can be used over and over. All dealers, or write direct.

Appelton & Sons, Paper Products, Hamilton, Ontario

Patents

List of Patents Invention's and Full Information Sent Free On Request

The RAMSAY CO. Dept. 875 BAKING ST. OTTAWA

Beecham's PILLS

The World Famous Remedy for
LIVER & STOMACH TROUBLES

LESS THAN
1¢ WORTH IN
A CAKE

MAGIC



LESS THAN 1¢ WORTH for a big three-layer cake! That's all it costs when you use Magic Baking Powder. And you get a fine quality that never varies—absolute purity and dependability. No wonder Canada's most prominent cookery experts say it doesn't pay to take chances with doubtful baking powder. Bake with Magic and be sure!

MADE "CONTAINS NO ALUM." This statement on every tin is your guarantee that Magic Baking Powder is free from stone or any harmful ingredients.

EDWARDSBURG

CORN SYRUP

CORN SYRUP

CORN SYRUP

CORN SYRUP

CORN SYRUP

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Little Helps For This Week

"I will bless the Lord who hath given me counsel."—Psalm 16:7.

Not slothful in business, fervent in spirit; serving the Lord."—Romans 12:11.

Mine be the reverent listening love
That waits all day on Thee,
With no service of a watchful heart
Which no one else can see.

—A. A. Waring.

Nothing is small or great in God's sight; whatever he wills becomes great to us, however seemingly trifling. And once the voice of conscience tells us that He requires anything of us we have no right to measure its importance. On the other hand, whatever He would have us not do, however important we may think it, is as sought to us: How do you know what you may lose by neglecting this duty which you think is so trifling, or the blessing which its faithful performance may bring? Be sure you do your very best in that which is laid on you daily, you will not be left without sufficient help when some weightier occasion arises. Give yourself to Him, trust Him, fix your eye upon Him, listen to His voice, and then go on bravely and cheerfully.



Choice

That happy look on his Master's face! Sure things there's a reason for it. Rover knows what's back of it! It's Yucca tobacco he sees for "rolling his own"—fragrant, easy-rolling Ogden's Fine

Delicious Cream Cookies

- 1 cup Macalza
- 1 beaten egg
- 1 cup nut meats
- 1 cup chopped raisins
- 1 teaspoon vanilla
- 4 cups flour
- 2 cups brown sugar
- 1 cup sweet cream
- 1 cup Crown Brand Corn Syrup
- 1 teaspoon lemon essence
- 1 teaspoon salt
- 1 cup Benson's Corn Starch
- 4 teaspoons baking powder

Cream the Macalza with the sugar and then add the eggs and beat until light. Mix the cream with the corn syrup and the sugar and beat until light. Add the nut meats and raisins. Add the flour and baking powder and beat until smooth. Bake in a moderate oven (350 degrees).

Blue Bread

Blue-Dyed Wheat Intended For Hogs Ground Into Flour In France

France's blue-dyed wheat, intended for hogs, has found its way into some of the nation's bread, with the result that angry consumers are demanding prosecutions.

Authorities of the government announced 22 tons of flour had been produced from denatured wheat, and bakers of the Tarascon region. No ill effects from the bread were reported except to the feelings of the consumers, who concluded that, having paid the standard price for their bread, they had been cheated.

Corn Growing On Prairies

A new argument for corn growing on the prairies is found in the experience that season that grasshoppers will not readily attack the leaves or stalks. In many cases when wheat, oats and barley were stripped, the corn was untouched and provided feed for live stock.

Here's Quickest, Simplest Way to Stop a Cold



1. Take 2 Aspirin Tablets. 2. Rub-follicles in water. 3. Rub throat in water.

Almost Instant Relief in this Way

The simple method pictured above is the way doctors throughout the world now treat colds.

It is recognized as the QUICKEST, safest, surest way to treat a cold. For it will check an ordinary cold almost as fast as you caught it.

Ask your doctor about this. And when Aspirin Tablets are MADE IN CANADA

DOES NOT HARM THE THROAT

ing residences on three continents. Go ahead and take it for a week, and if we have to, we can look for a cheaper place later."

"But I want you to see it, Rose. It's a duck of a place. And I want to see you, because I have some good news for you, then I'll drive you home. I would have dinner with you somewhere, but I promised to be home tonight."

"To dine in state one last time? Well, you'd better make the most of just like everything else in life—better to anticipate than to experience. It will be just as monotonous to pick up your own plate and carry it to the sink to wash it, as it is to watch Bates carry it to the remote regions of the kitchen as if it were a burnt offering for the inner shrine." It may, dear, because housekeeping is

Rose's pleasant philosophy and easy chatter rambled on when she inspected the apartment.

"Hot-cha" was her surprised comment. "Ain't we grand, though? But can we afford it, the most important question before the house representatives. Have you balanced your budget both ways?"

Camilla's revelation that she would be able to contribute definitely to the arrangement, called for another "hot-cha" from Rose. "You're a Petee, old girl, and no one else. I'm sure you will get wherever you want to go. I wish I were more like you!" But her tone held more of admiration than envy.

"You can do anything I can, honey," the elder sister assured her, and just as soon as I get the money, you are going to begin that secretarial course."

Rose's dark eyes shone dreamily. "But, you're a sweet sister, all right. You know, I used to hate you almost when you came to see us with your swell clothes and your air and your grand manners, and I even looked like a beggar to you, even when we thought we had things pretty nice ourselves. But even then, I didn't hate you very much. I know why, now. It's because you really aren't a bit snooty—it was all my imagination and jealousy."

"I'm glad you didn't hate me, Rose," Camilla slipped an arm around Rose's shoulders, hungry for the family life that a strange fate had snatched from her. I've always needed a sister like you, and I want to do something in return for all you are going to teach me."

"About what?"

"Well, you are going to teach me to cook, so I can take care of my Peter some day, for one thing. But more than that, I want to learn your viewpoint about—life! You are a year younger than I, Rose, and you think you have missed out on things I've had. But somehow, you are the one who has lived and grown up while I have skinned the life of superficial trifles. I want to learn how to live deeply and wisely. I believe that you can help me."

Rose was silent for a moment. But she had anything to offer this beautiful, talented girl whom fortune had smiled upon, was a surprise to her, but she said promptly, "I'll try my best. Well, if it's how to make three and three add seven, and how to turn the skirt of last season's dress into a blouse for your new suit, you want to learn, I can do all that. And I've seen Ma change a roast into stew, then hash and then tamales so often that I can do the trick like a magician, myself. Those may sound trivial, my dear, but they are really deep mysteries of my life."

"Any accomplishment that requires thought and skill is a mystery until it is done," Camilla agreed. "And those which seem the least important are the ones that make most good 'round, I discovered."

YOUR HIDDEN TROUBLE

Exaggerated condition of body wastes leads to a far greater trouble than is generally realized. It is the hidden trouble that causes the sufferer from indigestion, constipation, headache, and other ailments. It is the hidden trouble that causes the sufferer from indigestion, constipation, headache, and other ailments. It is the hidden trouble that causes the sufferer from indigestion, constipation, headache, and other ailments.

In the Famous Green Box

HEAVY WAXED PAPER

Has a hundred uses. Always have a box in the kitchen.

Apollon, PAPER PRODUCTS

MADE IN CANADA

OCCASIONAL WIFE

By EDNA ROSS WEAVER

Author of "Joretta," "Lipstick Girl," etc.

SYNOPSIS

Camilla Hoyt and Peter Anson, young and in love, marry secretly, deciding to live their own lives apart until Peter is able to provide for her. Peter is a young, struggling sculptor trying to win a competition for a scholarship abroad and Camilla is the adopted daughter of a wealthy family. She is not to inherit money when she comes of age and so is studying commercial art in the hope of landing an agency job. Others in the story are Avis Wees, Camilla's cousin, a wealthy girl who is trying to win Peter, Sylvia Todd, Peter's model, and Gus Matson, his former roommate with whom he has quarreled. At a party at an exclusive club, Camilla's guests are introduced with imperiousness. When the rest of the members of the party go to a cabaret to continue the party, Peter and Camilla slip off to the beach by themselves and fall in love on the sand. When they awake it is early morning and Avis and another boy are standing near them. This makes it necessary for Camilla to announce before the party that she and Peter are married. Avis is stunned and Camilla's mother likewise. Camilla and Peter's mother, an advertising agency, where Camilla has submitted some of her work, send her and tell her they have a new account which requires unusual treatment. Camilla's mother, an advertising agency, where Camilla has submitted some of her work, send her and tell her they have a new account which requires unusual treatment. Camilla's mother, an advertising agency, where Camilla has submitted some of her work, send her and tell her they have a new account which requires unusual treatment.

HERE ARE THE USUAL SIGNS OF ACID STOMACH

Headaches, Feeling of Weakness, Nausea, Mouth Acidity, Indigestion, Loss of Appetite, Nervousness, Sleeplessness, Auto-intoxication

WHAT TO DO FOR IT

TAKE—2 teaspoons of Phillips' Milk of Magnesia in a glass of water after every meal during the first 24 hours. After that, 1 teaspoon 20 minutes before you go to bed.

OR—1 tablet of new Phillips' Milk of Magnesia after every meal, as directed above.

Phillips' Milk of Magnesia

MADE IN CANADA

Phillips' Milk of Magnesia

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Phillips' Milk of Magnesia

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Phillips' Milk of Magnesia

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Phillips' Milk of Magnesia

Arrowwood United Church

Rev. V. M. Gilbert, Minister

10.45 a.m. Church School
11.30 a.m. Morning Worship
7.30 p.m. — Evening Service.

Church of the Brethren

Rev. John Weand, Pastor

10.30 a.m. — Sunday School
11.30 a.m. — Morning Worship
7.30 p.m. — Evening Service.

MRS. E. LEWENDON

Licensed Nursing Home
Moderate Rates

ARROWWOOD - ALTA.

It is better to have insurance and not need it, than to need it and not have it. See **Omor Larsen**

E. D. ARCHAMBAULT

Barber - Arrowwood
Patronize Home Industry and
Keep the Money in Our
Own Town

Arrowwood Barber Shop

Clocks, Watches, Spectacles,
Sewing Machines
Typewriters and Gramophones

Cleaned and Repaired by
an Expert workman with
44 years' experience in
Factories, Etc.

If you are contemplating the purchase
of a new watch, see me before doing so.
A. ANDERSON
Jeweler - Arrowwood

LOWER FARES for EASTER

Between all Points in Canada

SINGLE FARE
for ROUND TRIP

Going March 31 to April 1
Return
leave destination by Apr 2

FARE and one
QUARTER
Going March 31 to April 1
Return
leave destination by Apr. 3
(Minimum fare FIFTY cts)

Apply Ticket Agent

Canadian Pacific

Standings for January and February of Grades 4 and 5

GRADE IV.	Average
Kathleen Riches	91.5
Harry Pawluk	90.4
Betty Ann Kemper	89.0
Laura Jane Williams	87.7
Ethelyn Beagle	85.7
Ladonna Culp	83.2
Marven Bishop	79.5
Loris Brubaker	88.2
Billy Brown	77.2
Gerald Jacques	76.8
Audrey Service	76.4
Darwin Miller	72.5
Gordon Oliver	62.1
Arle Jean Larsen	71.6
Beverly Oliver	64.0

GRADE V.	Average
Mary Weiss	90.8
Shirley Taylor	89.8
Joyce Robinson	89.5
Mike Terchow	87.1
Arthur Brown	84.5
Gladys Leonard	81.6
Clara Beagle	80.7
Klaire Brubaker	79.7
Myrna Lord	77.6
Merrill Miller	76.0
Lila Service	75.9
Freda Board	75.5
Dayton Williams	75.0
Eric Nissen	68.1
Charles Salter	58.2
Clarence Koyr	54.2

Kathleen Thompson no standing due to absence.

Miss L. Spencer, Teacher Gr. 4-5.

Bow Valley Resource Independent

Published every Thursday morn-
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ada, \$2.50 in the United States
NORMAN G. CARY,
Editor and Publisher

Entertain at Bridge

Last Saturday afternoon Mrs. Clifford and Mrs. Hesketh entertained at the home of Mrs. Clifford. The rooms were decorated with shamrocks in keeping with St. Patrick's, and 7 tables were in play.

Two travelling prizes were won by Mrs. Kemper and Mrs. Jacques, and first prize was won by Mrs. Lewendon, consolation by Mrs. Phillips.
A very dainty lunch was served, the hostess being assisted by Miss Vera Hesketh and Miss June Clifford.

Milo Notes

Milo High School held their banquet in the Oddfellows' Hall on Mar. 9th, at 6.30 p.m., and proved a wonderful success when nearly 300 people sat down to enjoy the roast turkey and other good things prepared by the students and their parents.

Three long tables were set in the basement of the hall which was decorated in high school colors, while the students waited on guests, wearing caps and aprons carrying out the same color scheme. At the close of the dinner, Mr. Cully, our efficient principal, sounded a note of praise for the community at large for the splendid co-operation in making this event such a great success. He then called on Mr. Beecham to act as master of ceremonies for community singing and he carried it off in his own eloquent way.

Mrs. McBride of Arrowwood gave a splendid address which was very much enjoyed by all. Her topics were education, war, peace and economics. A short program followed.
Violin solo—Loves old sweet song — Ruth Northcott, Miss Alma Venisland played piano accompaniment.
Recitation by Pauline Hick-

Last Thursday, Mr. and Mrs. Ward, and Mr. and Mrs. Wainwright and Winnie were visitors in Calgary.

The masquerade in Liberty School last week proved a success. There were some very novel costumes present. The prizes were won by: fancy dress—Mr. Ole Uland and Miss Long; comic—Mr. Pearl Williams and Mrs. Alf Heather.

The next meeting of the East Milo Jrs will be held at the home of Mr. and Mrs. Voogs.

Saxophone Solo—Mr. Strong
Mouth Organ Solo—Robert Jackson
Vocal Solo—Mr. G. Williams
Recitation—The picture show
Miss Marion LeBeau
God Save the King
The dance was well patronized and everyone enjoyed the music provided by Cully's Orchestra which brought to a close one of the happiest events of the season.

East Milo News

The last meeting of the East Milo Jrs was held at the home of Mr. and Mrs. Winkler with 20 members present.

After the business part of the meeting, Mr. Bill Oler gave a very interesting address on "The Work of the Canadian Legion." This was followed by a debate by four of the members on the resolution "Resolved that the Three Prairie Provinces should be United." The affirmative was upheld by Curtis Burk and Dan O'Leary and the negative by Nora Wainwright and Lawrence Monner. The judges awarded their decision in favor of the affirmative.

The remainder of the evening was spent by playing games in charge of Miss Pauline Lewis. At midnight Mrs. Winkler served a dainty lunch. The meeting was brought to a close in the usual way.

The address by Donald Carroll on "Some European Impressions obtained in 1933" proved very interesting. The meeting was well attended about 150 people being present.

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Buffalo Hill News

Mr. X. P. Crispo, the Inspector, made his second visit of the term to the Buffalo School last week. He was well satisfied with conditions at the school. His comment: "The school is a credit to the community" shows that the fruit efforts of the Board and the Teacher are appreciated by those most competent to judge results. Not that we like to be always passing flowers to ourselves, but knowing a report like this is not relished in some quarters, we think this little comment is most timely.

The marriage of Mrs. A. V. Cuffe, who formerly resided in this district and Milo, took place in Edmonton on Saturday, Mar. 10th, to Mr. Oscar Bucher, who has a farm near Breton and close to where Mrs. Cuffe has been residing. Heartly congratulations and may their future be unclouded.

Malcolm Taylor has been assigned, as practice teacher, to the Buffalo School for the week of March 26th to 29th inclusive. This is in keeping with the Inspector's estimate of progress in this school as shown by his recent comments.

Hatching Eggs from my pen of selected Buff Orpingtons for sale at 3c each or 35c per doz. (in own container), cash with order. Orders filled in rotation as received. Apply to A. E. Starling, Arrowwood, or leave enquiries with Bow Valley Resource.

The meeting of Wheat Pool Members and others of Sub-district B-7, held in the Ingraham Building last Monday evening, was well attended, especially when considering the unsettled weather at the time. There were over 45 present.

The speakers were Mr. H. Ward, Local Delegate, and J. J. Strang, Director of Alberta Wheat Pool. Mr. Ward gave a full report of the annual meeting and among other things he thanked the members for their patronage to Pool elevators, and non-members also, who delivered a large volume to the Pool Elevators, during the past

year, which he said was most gratifying to the Executive in these hard times.

It was a pleasure to hear the remarks of some after the meeting, when they said they had no idea the Pool position was so strong which is not to be wondered at, especially when one takes into consideration the many misleading statements circulated, in many cases by those benefitting by the existence of the Pool. We have heard statements that they would not support the Pool but they would not like to see it go out of business, thus making it clear that they were benefitting indirectly through the Pool.

Mr. Strang, when contrasting the standing of the Alberta Wheat Pool with some of our local transportation companies, on land and sea, recognized as being among the strongest in the country, were forced to get millions from the Government of Canada and elevator companies writing off losses up to millions of dollars. This makes the results of our co-operative effort, during these dispiriting times, more outstanding than ever, as a few items picked at random from the Alberta's Wheat Pool's record for the year ending July 15th, 1933 will show:

Net operating from elevator system \$507,948.68.

Trustee's net earnings to Reserve of \$170,654.04.

Paid the Government on principal Sept. 1, 1933, 170,000.00.
Handled 48,300,000 bushels of grain, being nearly 7 million more than the previous year, which with a large volume of grain handled from growers who had never belonged to Alberta Wheat Pool, a very creditable showing.

One of the most important

result of the meeting was the passing of a resolution, asking the Dominion Government for a Wheat Board similar to the one in 1919-20. Also a second resolution, asking for legislation to enforce the application of the individual quotas and the best method of implementing Canada's obligations in respect to the International Wheat Agreement. A great many questions were asked, which were answered in a most satisfactory manner to all present, evened a most interesting evening. The speakers were accorded a hearty vote of thanks. At time of writing copies of the above resolutions have been sent to Hon. O. L. McPherson, Minister of Public Works the Alberta member for this riding, and to G. C. Coote, member for Bow River, at Ottawa, submitting them for their consideration.

CENT-A-MILE BARGAINS to PACIFIC COAST

Vancouver - Victoria

from stations in Ontario (Port Arthur and West), Manitoba, Saskatchewan and Alberta

MAR. 24 to 31 Incl.

Return limit
21 Days

Good for stopover at Banff and points west;

GOOD COACHES
Small additional charge for Tourist Service

Apply local Agent

Canadian Pacific



OPERATING WITH A BACKGROUND OF GRAIN
HANDLING EXPERIENCE DATING BACK TO 1937.
- A DECADE BEFORE THE DAYS OF CONFEDERATION -
- BECAUSE YOUR GRAIN HANDLING PROBLEMS WITH OUR AGENT -
D. E. M. Sheddle R. Bell J. Taylor R. V. Sheddle
Arrowwood Mandoki Sheddle Quetzalwa Milo

WAGIN' TUNG

Vol. 3, No. 30 Arrowwood, Mar. 15, 1934 Items for Thot

A Long Drag

The past four years has taxed the resources of the farmers and merchants alike. To put in this coming crop is going to tax the most of us to the very limit, but in the face of it all there will be no cultivated land in this district that will be idle, which is more than can be said for most districts surrounding us.

A NEW FUEL

We now have a new car and tractor gasoline distillate which is a refined product and white in color and has no odoriferous odor—try a fill of this new gas in your car and note the results.

We have a large list of new and rebuilt Tractors, Tillers, Drills, Disc harrows, Plows, Weeders and what not, from the various implement houses that we represent, and this list may contain just what you have been looking for and may effect a saving for you.

It is not too early to let us know what you will need in the repair line so that we will have them here for you when the season opens.

We haul anything anywhere, any time. No load too big, no trip too long and we are anxious to serve you.

Mistress (to new maid) I hope, Mary, you'll not copy the things I wear.

Mary, the Maid: Oh, no, I should say not, M'am. I like my things stylish.

Good Equipment Makes a Good Farmer Better

Larsen Implements

"House of Service"

ARROWWOOD and MOSSLEIGH

Malt

for digestion

Yeast

for vitality

Hops

for appetite

That's Beer!

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AGENTS FOR THE BREWING INDUSTRY OF ALBERTA

PHONE 82

BASSANO

"BEER PERMITS"

Government Permits for the purchase of "Beer Only" and/or for one year may be obtained at any Vendor's Store.
Price One Dollar

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